



12629 Ridgely Rd., Greensboro, MD. 21639 / President: Dr. Phillip E. Connatser, B.C.M., M.C.M., D.R.E.
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TYC-112 / TYC-512 / TYC-712 Self Care Management Course Description & Syllabus

Turbulent times offer great challenges - and great opportunity. Wherever crisis is evident, the opportunity for ministry is present as Kingdom building often advances rapidly during an incident and in its aftermath. As Marketplace Ministers, we need to understand, first, the impact these events have on us - and to learn good self-care management as a cornerstone of being equipped to help and facilitate others to help. In addition to providing an understanding of how to self-care manage, Course Professor Dr. Loretta Iannicelli engages us in how to allow God to move us effectively in a sphere of influence that will impact your home, work, church, community, city and world for the better. This course can be taken on an undergraduate level of study (TYC-112 - toward a bachelor's degree), or it can be taken on a graduate level of study (TYC-512/TYC-712 - toward a Master's or Doctors degree), providing the course requirements are met as explained in this course syllabus.

In forming the materials for this course, the New King James version of the Bible have been used unless otherwise noted. Scripture references can also be read from any translation.

Optional/Other recommended books to read are: Faith for Exiles-Five Ways a New Generation Can Follow Jesus, by David Kinnaman and Mark Matlock, Baker Books, 2019; Possessing the Gates of Your Enemy: Regaining the Moral High Ground in Your City, by Dr. David P. Robinson, City Limits International, 2018; The State of the Pastors, by The Barna Group, 2017; Practices of Love: Spiritual Disciplines for the Life of the World, by Kyle David Bennett, Brazos Press, 2017; On the Brink—Grace for the Burned Out Pastor by Clay Werner, P & R Publishing, 2014; True North—Discovering God's Way in a Changing World," by Gary Inrig, Discovery House, 2002.



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COURSE OBJECTIVES:

ACADEMIC---To enable the student to gain basic knowledge of self-care management during times of crisis and turbulence.

ATTITUDINAL--- To help the student in allowing God to move and help him/her effectively in a sphere of influence that will impact his/her home, work, church, community, city and world for the better.

BEHAVIORAL--- To encourage the student to learn good self-care management as a cornerstone of being equipped to help and facilitate others to help.

COURSE GRADING:

Chesapeake Bible College and Seminary uses a four-point grading system to calculate both semester and cumulative grade point averages. Point grades for all quizzes, exams, projects, and/or papers in any given course will be averaged to determine the final letter grade for the course, as applicable.

GRADING: - Description of Letter / Points

Work of an exceptional quality – A / 93 - 100%

Work of a commendable quality – B / 85 - 92%

Work of an acceptable quality – C / 78 - 84%

Work of minimal but passing quality – D / 70 - 77%

Failing work, no credit given – F / 0 - 69%

NOTE: Students are strongly advised to make copies of all course work submitted to Chesapeake Bible College & Seminary for grading.



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COURSE REQUIREMENTS

STUDY TEXT: There is no textbook required for this course. Scripture passages, unless otherwise noted, are from the New King James version of the Holy Bible.

CBCS credits this course's writers and editors who prepared all study content and course materials contained herein as offered by Equip Services, Inc., Equip Care Ministries, and Equip-Chesapeake Bible Institute, Wellesley, Massachusetts as part of their foundational and empowering Self Care Management training program(s).

Special thanks to Author and Course Writer © 2020, Loretta M. Iannicelli

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TYC-112 - (DIPLOMA – ASSOCIATE - BACHELOR) – 3 CREDIT - DEGREE REQUIREMENTS

For Students taking this course at an undergraduate level, (4) credit course, an additional six (6)-page essay is required to be submitted from any topic of choice from the course materials. This six (6)-page essay includes a cover page & bibliography page. The essay is to be typed double spaced, in New Times Roman type font, 12 font size. The instructions for essay/assignment submission are as follows: Coursework may be electronically uploaded into the Online Student Portal (if taking the course as an Online Student); submitted to the overseeing Instructor (if taking the course as part of a Distance Learning (DLC) Center); or electronically emailed to Assignment@chesapeakebiblecollege.com.

1. Maintain a minimum of a "C" average for the course.
2. Read all materials assigned.
3. Study the review materials.
4. The student will complete all lessons and the Mid-Term Exam associated with each section of the coursework. This will constitute one-quarter (25%) of your grade for the course.
5. Before taking the final examination, the student will submit a summary essay using Appendix 14: TYC Exposition Reflection Assignment Questions on what impacted you through your learning. This will constitute one-half (50%) of your grade for the course. Please type this summary essay noting Student Name, Course Number & Course Title, and Date of Completion. This summary essay should be in Times New Roman font 12, double-spaced, include a course title page, and be submitted as outlined in the TYC-112 Degree Requirement description above.
6. Successful completion of the Final Examination (25%) will constitute the remainder of your grade for the course.

TYC-512 - (MASTERS) – 4 CREDIT - DEGREE REQUIREMENTS

For students taking this course on a Master's level, the student must:

1. Maintain a minimum of a "B" average for the course.
2. Read all materials assigned.
3. Study the review materials.
4. Before taking the final examination, the student will submit a ten (10)- page essay on any topic pertaining to the subjects studied in this course. This ten (10)-page essay includes a cover page & bibliography page. The essay is to be typed double spaced, in New Times Roman type font, 12 font size. The instructions for essay/assignment submission are as follows: Coursework may be electronically uploaded into the Online Student Portal (if taking the course as an Online Student); submitted to the overseeing Instructor (if taking the course as part of a Distance Learning (DLC) Center); or electronically emailed to

Assignment@chesapeakebiblecollege.com. The essay will constitute one-half (50%) of your grade for the course.

5. Successful completion of the Lessons and Mid-Term Exam (25%) and Final (25%) Examinations will constitute the remainder of your grades for the course.

TYC-712 - (DOCTORS) – 4 CREDIT - DEGREE REQUIREMENTS

For students taking this course on a Doctor's level, the requirements are the same as the Master's degree (above) except the student must write a twenty (20)-page essay, instead of a ten (10)- page essay. This twenty (20)-page essay includes a cover page & bibliography page. The essay may be submitted as outlined in the TYC-512 Degree Requirement and the Master's Degree descriptions above.



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TYC-112 / TYC-512 / TYC-712 Self Care Management Course Description & Syllabus

COURSE INTRODUCTION

Read the Foreword and/or Introduction

Lesson 1 – Self-Care for Marketplace Ministers and Leaders

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – Our Ministry Model: To be Christ-like

Section 2 – Spirit, Soul, and Body

Lesson 2 – A Call for Self-Care

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – Our Role as Leaders

Section 2 – Our Authenticity as Leaders

Section 3 – Our Responsibility as Leaders

Section 4 – The Statistics

Lesson 3 – Self-Assessment

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – Evaluating Stress

Section 2 – Compassion Fatigue

Section 3 – Creating a Self-Care Plan

Lesson 4 – The Soul (Mind)

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – Scriptural Background

Section 2 – The Four Fundamental Questions of Life

Section 3 – Maslow’s Hierarchy

Section 4 – Psychological Distress

Section 5 – Psychological First Aid

Section 6 – Crisis Intervention

Section 7 – The Mind (Soul) Symptoms and Indicators

MID-TERM EXAM

Lesson 5 – The Body

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – Scriptural Background

Section 2 – The Body Symptoms and Indicators

Lesson 6 – Our Spirit Self

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – Scriptural Background

Section 2 – Spiritual Symptoms and Indicators

Lesson 7 – The Spiritual Disciplines

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – What is Spiritual Discipline?

Section 2 – The DNA of The Spiritual Disciplines

Section 3 – What The Spiritual Disciplines are Not

Section 4 – The Three Key Spiritual Disciplines

Section 5 – Additional Self-Care Resources

Lesson 8 – The State of Resiliency

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – Peers in Action

Section 2 – The Self-Care Response

Section 3 – Standards for Self-Care Plans

Section 4 – Resiliency for Complex Times

Section 5 – Trends in Counter-Cultural Ministry

Section 6 – The Basics of Self-Care 101

Section 7 – Healthy Coping Strategies

Lesson 9 – Your Plan, Next Steps, and Ongoing Support

- Read the accompanying Syllabi sections of course work
- Read and reflect on accompanying Scriptures as relevant to the course work
- Review study materials as applicable for this lesson
- Complete the lesson applicable to this section of study
- Reflect on how your learning may apply today for self and for the care of others

Section 1 – Your Personalized Self-Care Plan

SUMMARY ESSAY PAGES / ESSAY ASSIGNMENT DUE: The instructions for essay/assignment submission are as follows: Coursework may be electronically uploaded into the Online Student Portal (if taking the course as an Online Student); submitted to the overseeing Instructor (if taking the course as part of a Distance Learning (DLC) Center); or electronically emailed to Assignment@chesapeakebiblecollege.com.

FINAL EXAM DUE

APPENDIX LISTING – Extra Study Text:

(For TYC-112 Student Assignment: Please reference Appendix 14: TYC Exposition Reflection Assignment Questions)

- Appendix 1** – The Institute of Church Leader Development (Studies by Krejcir, 2007)
- Appendix 2** – The Holmes-Rahe Life Stress Inventory Test (1968, 2017)
- Appendix 3** – Comprehensive Overview of Stress Symptoms and Indicators (Naomi Paget, 1980)
- Appendix 4** – Chart Compassion Fatigue Process (Figley, 2001)
- Appendix 5** – A Sample Self Care Plan (Equip/Iannicelli, 2016)
- Appendix 6** – Adapted Maslow's Hierarchy of Needs (Equip/Iannicelli, 2016)
- Appendix 7** – The 15 Dos and Don'ts in the Delivery of Psychological First Aid (Everly, 2018)
- Appendix 8** – Faith Responses Across Eight Stages of Life Cycles (Erikson 1980, Paget 2016)
- Appendix 9** – Adapted Five Dimensions for Checking In & The Five Dimensions of Grief (Equip/Iannicelli, 2020)
- Appendix 10** – The DNA of the Spiritual Disciplines adapted from Foster's Identification of the 12 Spiritual Disciplines 1960 (Equip/Iannicelli, 2020)
- Appendix 11** – An Overview of The Inward and Outward Spiritual Disciplines, adapted from Foster's Identification of the 12 Spiritual Disciplines 1960 (Equip/Iannicelli, 2020)
- Appendix 12** – Pre-/Post-Self-Care in the Role of the Healthcare Provider (Equip/Iannicelli 2020)
- Appendix 13** – Resilience in Flourishing, Disciplines and Well-Being (Bloom, 2017)
- Appendix 14** – TYC-112 Student Exposition Reflection Assignment Questions (CBCS, 2020)
- Appendix 15** – Permission for Use ©Copyright Rev. Loretta Iannicelli 2020
- Appendix 16** – TYC-112/512/712 Self Care Management – Selected Bibliography (Iannicelli)

SUPPLEMENTAL STUDY TEXT: There is no textbook required for this course. Scripture passages, unless otherwise noted, are from the New King James version of the Holy Bible.

For Independent Correspondent Students (ICS) or Distance Learning Center (DLC) students who are not utilizing the Online Student Portal for coursework materials and/or Quizzes. In lieu of the online Lesson/Chapter Quizzes, the student must submit a six- (6) page essay on the benefits for self-care by Marketplace Ministers and leaders. This will constitute one-half (50%) of your grade for the course. Outlines submitted must have course title page and may be submitted as outlined in the TYC-112 Degree Requirement description above.

Last modified: Tuesday, 03 October 2023, 10:13 AM

March 29, 2020 Chesapeake Bible College & Seminary
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Self Care Management

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First Edition, March 2020

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